



# Quick Facts: Bike Paths

Cape Cod National Seashore

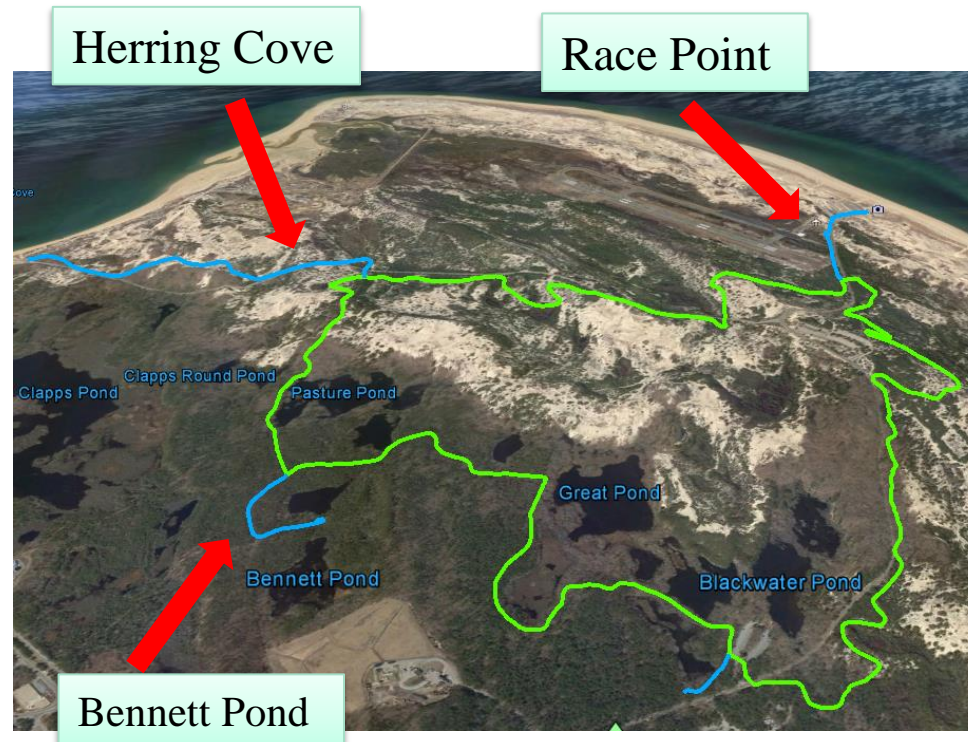
# National Park Service



## Province Lands

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- Distance: 5.45 mi
- Access to:
  - Herring Cove: 1.10 mi spur
  - Race Point Beach: 0.50 mi spur
  - Bennett Pond: 0.25 mi spur
- Repaved and widened
- Difficulty: Advanced-Intermediate
  - Steep hills
  - Sharp turns
  - Tunnels



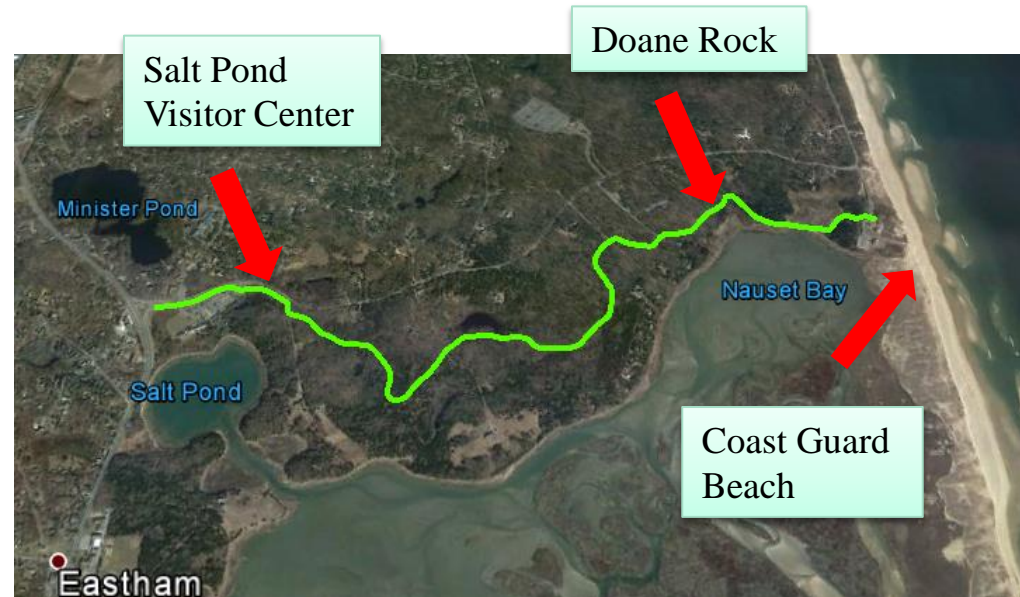
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## Nauset

- Distance: 1.6 mi
- Access to:
  - Salt Pond Visitor Center
  - Doane Rock Picnic Area
  - Coast Guard Beach
- Hiking trails along the path
- Recently repaved
- Difficulty: Intermediate, some hills



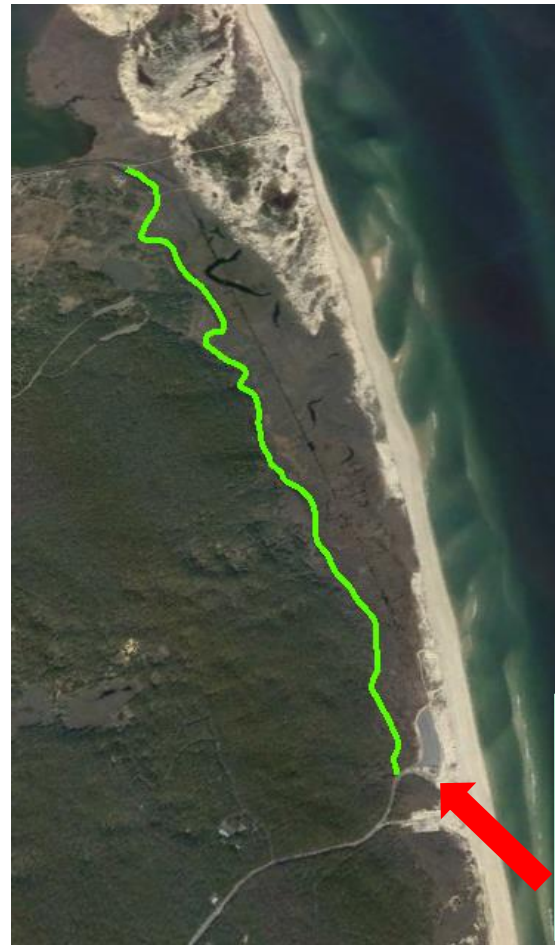
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## Head of the Meadow

- Distance: 2 mi
- Access to:
  - High Head Road, Truro
  - Head of the Meadow Beach
- Not repaved
  - Many potholes and bumps
  - May encounter mosquitos or deerflies depending on season
- Difficulty: Easy, but bumpy



Head of  
the  
Meadow  
Beach  
parking



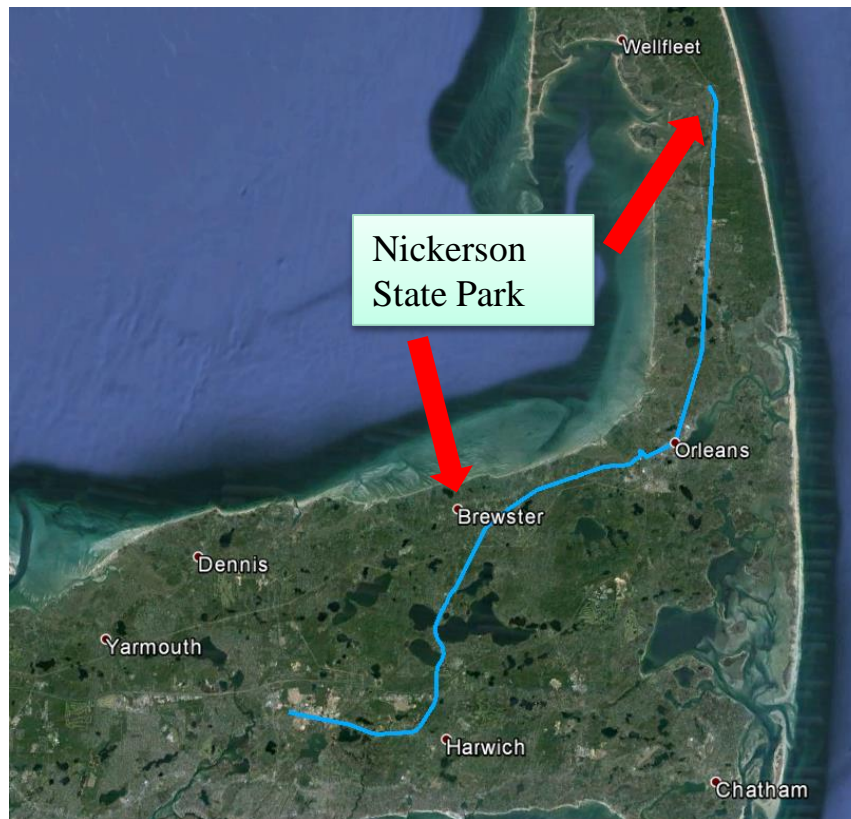
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## Cape Cod Rail Trail

- This trail is owned and maintained by the state of Massachusetts, **not** the Park Service
- Distance: 22 miles
- Trail runs from South Wellfleet to South Dennis
- Difficulty: Easy, relatively flat
  - Crosses busy intersections
  - Tunnels



# National Park Service



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## Old Colony Rail Trail

- This trail is owned and maintained by the state of Massachusetts, **not** the Park Service
- Distance: ~8 mi
- Trail runs from Harwich to Chatham
- Difficulty: Easy-Intermediate

